



# SRMT Kawennì:ios

Helping Build a Better Tomorrow

Kenténha / October 2009

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## Good Words of Welcome,

She:kon Akwesasnoron,

We are now embarking on our fall season and cooler temperatures are upon us and the foliage is working its magical colors for our enjoyment. I am hopeful everyone is of good health and spirit. The daylight is already becoming shorter and night time longer. Remember to look out for our children as they eagerly await their school bus in the morning as the sky is still not quite full of sunshine.

October is a busy month as we on the southern portion of Akwesasne celebrated Native American Day on the 12th and our northern area celebrated Canadian Thanksgiving. We also will be celebrating Halloween on the 31st so watch out for those ghost and goblins. Make sure your child(ren) dress appropriately for the weather as well as reflective material on their costumes as they trick or treat. We want our children to be safe.

Council's office is busy in October. Sub-Chief Pam Brown and I went to Syracuse for NYS Tribal Court Forum on October 8th; Chief Ransom was in Palm Springs California for the 66th Annual National Congress of American Indians Convention. Later this month, Chief Garrow, Sub-Chiefs Brown and Adams and I will be attending the 40th Anniversary Celebration and meeting of the United Southern and Eastern Tribes in Hollywood Florida. Former Tribal Council Chief, the late Leonard Garrow will be honored as a past President of USET.

I was looking forward to our new feature *Reconnecting to the Rez*. Unfortunately, we didn't receive any submissions. I invite you to send our Public Information Office news of what you and your family are doing while away from Akwesasne.

Flu season is here. Please take the necessary precautions to protect yourself and your loved ones.

Niawen,

St. Regis Mohawk Tribal Chief,

Monica Jacobs



## RTE 37 Tobacco & Deli

*By: Steven B. Cook  
Director of Economic Development*

If you hunger for something good and something new, you might want to stop by at Akwesasne's newest place to eat – the RTE 37 Tobacco & Deli.

The Deli celebrated its Grand Opening on Friday Kentenha/October 2nd, 2009. Business Manager Shirley Beaulieu was present at the opening and stated, "The Store was being dedicated in memory of – Brandon (Brandy) Bradley, as this was his birthday."

Shirley said, "I hope the deli will become a thriving business, because our foods are all natural and everyone is health conscious."

The deli specializes in Boar's Head Brand meats which uses only the finest quality materials. The Deli meats contain NO fillers, gluten, artificial flavors, colors or trans-fats.

The deli offers a variety of breakfast sandwiches, combos, sandwiches, subs, wraps, as well as platters and a variety of cigarettes and cigar products. All meats are also sold by the pound. "We will soon be adding a daily soup special," noted Shirley.

### MISSION:

The St. Regis Mohawk Tribe Office of Economic Development (OED) is committed to promoting economic self-sufficiency through the provision of training, technical assistance and financing designed to support the development of new and expanded businesses, which shall support a strengthened and diversified economy, while creating new employment opportunities.

If your business is interested in being featured, please contact Steve or Lindsay at the Office of Economic Development at 518-358-2272 ext. 270 or 168

We carry a variety of deli specialty sandwiches which should satisfy any pallet. Most notable is their "Triple Threat Sandwich" which features – Turkey, Ham & Genoa Salami and weighs a whopping 2.17 pounds. WHOAAA.....



Stop by and greet their friendly staff and pick up a copy of their take-out menu.

The SRMT Office of Economic Development congratulates them on a successful opening and welcomes them to our business community!

The deli is open daily:  
Mon– Fri 6am to 7pm  
Sat–Sun from 10am to 6pm.

RTE 37 TOBACCO & DELI  
346 State Route 37,  
Akwesasne, NY 13655  
518-358-2110

# Tribal Environmental Employee Selected for National Committee

## Steering Committee to Set National Agenda for Environmental Preservation

*By David T. Staddon, Editor*

Laura Weber, Solid Waste Manager for the St. Regis Mohawk Tribe's Environment Division, has accepted a position on the Institute for Tribal Environmental Professionals' (ITEP) National Tribal Steering Committee. The committee's role will be to ensure tribal input and feedback to successfully establish a tribally-relevant waste management system. This will include response training, technical assistance and research programs in partnership with the E.P.A.'s Office of Solid Waste Emergency Response.

Committee members must be employed by a federally-recognized tribe or Alaska Native Village and currently work in the fields of solid waste, hazardous waste, brownfields, federal facilities or emergency and remedial response. ITEP prefers a minimum of three years' experience in any of those fields.

Weber has 14 years of experience working with tribal communities at the local, regional and national levels. At the national level, she served as the Chairperson for the Tribal Association for Solid Waste Management and Emergency Response and as a tribal representative on the National Pollution Prevention and Toxics Advisory Committee. "Participation on this committee is another example of how the St. Regis Mohawk Tribe is a good steward of the environment," remarked Weber. "The tribe has a significant commitment to the environment in many ways. My participation on this important committee will help to create a vision for all tribes to preserve, protect and restore the environment." Weber has also served on the Board of Directors for the American Indian Science and Engineering Society.

In addition to Weber's national experience, she established the tribe's Solid Waste Management Program and currently manages all operations. She also established the first tribal waste lamp recycling program to eliminate mercury pollution from improper disposal and developed a culturally sensitive educational

program to educate the community about the negative impacts of improper solid waste disposal. Weber has led educational projects to teach communities the proper techniques for disposal of used motor oil and composting methods.

The National Tribal Steering Committee consists of 10 voting members and four ex-officio members, serving two-year terms. All members are expected to attend meetings on a quarterly basis in addition to two other conference call meetings per year. Members are eligible to serve an additional two-year term.

Weber attended SUNY Plattsburgh where she received a Bachelor of Arts degree in Chemistry in 1984 and Clarkson University where she received a Bachelor of Science degree in Chemical Engineering also in 1984. She completed requirements for a Master's of Science degree from Clarkson University in 1991. She has worked with the St. Regis Mohawk Tribe's Environmental Division for 14 years since 1995. "I'm pleased to be part of this committee and have the opportunity to serve Indian communities in a greater capacity," observed Weber.







# Domestic Violence Awareness Month

Joy Jock and Rhonda Tarbell  
*STOP Domestic Violence*

October is Domestic Violence Awareness Month. This is a time for our community to unite to raise awareness of Domestic Violence. Mourn those who died, and to celebrate those who survived. Knowing the signs of abuse can break the silence and give a victim a way out of an abusive relationship.

## What can you do to help?

Seeing women and men being hurt by their partner can be frustrating and frightening for those who respond to a crisis call. It often reminds us of our own past or on-going problems; and it is important to remember to take care of yourself. Below are some suggestions about what you can do to help someone who is being battered.

1. Believe the victim. They are probably telling you what really happened.
2. Don't blame her/him for the abuse. She/He is not responsible for being abused. Remember that it is difficult to leave an abusive relationship.
3. They need to tell their story in their own time and at their own pace. Listen to them and let them know you care and they are not alone. Take the time to talk with them privately and ask about suspicious bruises or fights that may have occurred in the past.

“Domestic Violence  
is about power and  
control!”

4. Validate the victim's feelings. Abuse is awful, scary, embarrassing and hurtful. Feeling “crazy”, afraid and helpless are a very natural reaction to a terrible situation.
5. Time permitting; help the victim make a safety plan. Help the victim find a place to go. Agree to let them call the police, if that will make the victim more comfortable.
6. Emphasize that assault is a crime.
7. Make strong statements against violence in your social circle. A battered person who hears these statements may be encouraged to find help.
8. Call the STOP Domestic Violence Program 518-358-4406/9617.

## Symptoms: Indicators of Abusive Relationships

### *Using Emotional Abuse*

- Putting you down
- Making you feel bad about yourself
- Calling you names
- Making you think you're crazy
- Playing mind games
- Humiliating you
- Making you feel guilty

### *Using Intimidation*

- Making you afraid (looks, gestures, actions)
- Smashing things



- Abusing pets
- Displaying weapons
- Threatening to expose your “weakness”
- Threatening to “tell”

#### *Using children*

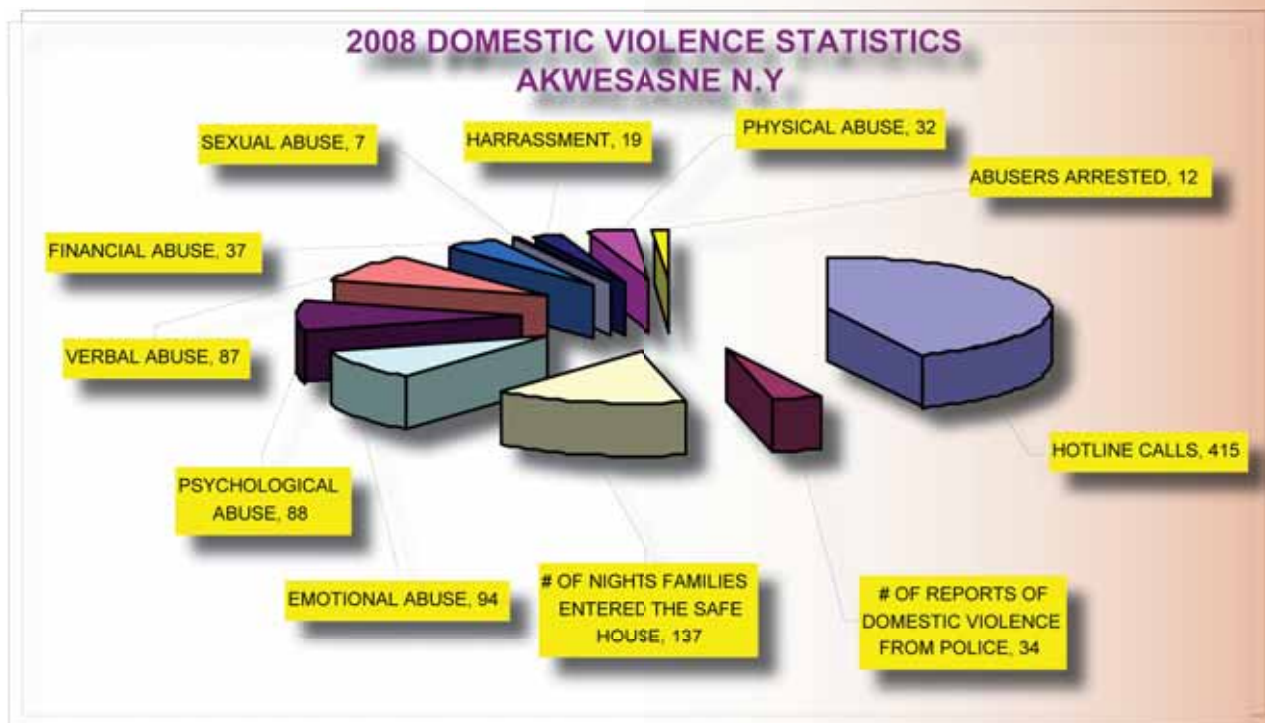
- Making you feel guilty about the children
- Using the children to relay messages
- Using visitation to harass you
- Threatening to take the children, threatening to hurt you through them

#### *Reasons Why Indian Women “Stay” and/or Decline to Report Violence*

- Reason stated most often: victim still loves the batterer and she hopes he will change;

- Knows that batterer will find victim if she leaves; victim fears what batterer will do to her if she attempts escape and is (inevitably) “caught”;
- May be physically and emotionally isolated by residing in a rural area;
- Lack of transportation or financial resources to provide food and housing;
- Lack of employment opportunities;
- The batterer has received more support and protection than the victim.

For more information, please contact the STOP Domestic Violence/Safe Haven Supervised Visitation & Exchange Program at 518-358-4406/9617.



# Giving Back



|                      |        |
|----------------------|--------|
| Funeral Donations    | \$ 500 |
| Community Assistance | 2,750  |
| Sports               | 6,000  |

# On The Road

Chiefs James Ransom and Monica Jacobs traveled to New York City on September 9th for a meeting with Empire Resorts.

Chief James Ransom traveled to Albany, NY on September 15th for a broadband meeting.

Chief Monica Jacobs and Sub-Chief Pam Brown traveled to Washington, DC on September 13-17th for Indian Health in the Era of Healthcare Reform.

Sub-Chief Ron LaFrance traveled to Grand Ronde, Oregon on September 8 to 11th for the 2009 Tribal Self Governance Strategy Session.

# SRMT Kawennì'ios

David Trout Staddon  
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[www.srmt-nsn.gov](http://www.srmt-nsn.gov)

# New Faces

|                    |                                  |                          |
|--------------------|----------------------------------|--------------------------|
| Jane E. Carville   | Johnson O'Malley                 | Remedial Tutor           |
| Justin Cree        | Human Services - Social Services | Protective Caseworker    |
| Leland Herne       | Administration - Facilities      | Custodian                |
| Lisa Olsen         | Early Childhood Development      | Teacher Aide             |
| Dianne Swamp       | Tribal Gaming Commission         | Inspector                |
| Bernadine A. White | Administration - Facilities      | Custodian                |
| Jade White         | Human Services - Social Services | Administrative Assistant |

# Calendar

## ***Kentenhko:wa/November***

7th - Tribal Monthly Meeting - 10 am - Community Building

***A Day in the Life of A Caregiver*** Conference - Office for the Aging - 8:30 am to 4 pm

10th - Social Security Administration - 1:30 to 3:30 pm - Tribal Clerks office

11th - Veteran's Day - Tribal offices and Transfer Station closed

***Operation Recognition*** - Veteran's GED Ceremony - Mohawk Bingo Palace - 3 pm

22nd - Little Caughnawaga: To Brooklyn and Back - Mountain Lake PBS - 1 pm

26th - Thanksgiving Day - Tribal offices and Transfer Station closed

# Jobs

- Per Diem Night Security - Partridge House
- Forestry Laborer - Environment
- Drug Court Coordinator - Tribal Courts

***Current postings and complete job descriptions are available online at: [www.srmt-nsn.gov](http://www.srmt-nsn.gov)***







# Swallows Begone

By David T. Staddon, Editor

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Now that the main west entrance renovations at the casino have been completed it's a good time to use measures to prevent swallows from nesting again in this area. Environment Division Director Ken Jock recently supplied some good information on different applications to prevent swallows from nesting in unwanted areas. Casino maintenance staff will begin installing one of these applications that Ken is proposing.

The swallow nests have been particularly bad at the Casino Administration Building this summer. The maintenance crew will clean the exterior of the building after the swallows have migrated. They can then install the devices, possibly in the spring, in case bad fall weather prevents earlier installation. The crew will concentrate on the main west entrance at this point and then the Administration Building, weather permitting. The newly renovated entrances' look will be maintained while at the same time respecting the swallows.

Ken supplied a paper *The Cliff Swallow-Biology and Control* along with his letter of recommendations. These describe each of the countermeasures, applications and the type of swallows that nest on the properties.

Although budgets are tight and the end of this fiscal year is near, this initiative has been on the "back burner" for quite some time and it needs to be addressed. Once the information and Ken Jock's recommendations are reviewed, an application method can be determined.

The swallows are migratory birds protected by the Federal Migratory Bird Treaty Act. They may not be taken, killed or possessed. Their eggs and nests are also protected. The measures to be taken are intended to take place after the brooding season is completed and before the next nesting season starts.

For more information on the types of products being considered go to: <http://birdbgone.com>.





## Scholarship Opportunity

*By David T. Staddon, Editor*

The Tribe has once again received support in the amount of \$35,000 from an anonymous donor to fund scholarships for St. Regis Mohawk Tribal university students. This round of scholarships will be twelve \$3,000 scholarships. The tribe has augmented the scholarship funding to make it an even \$36,000.

This year 10 undergraduate students and two graduate students will be funded.

In addition to the applicant's educational and career aspirations, the application letter must state the specific financial needs for which the scholarship will be used. What out-of-pocket expenses will be met by the scholarship must be included in the letter of application.

1. The application essay must be original.
2. Last year's recipients are NOT eligible for this year's scholarship program, except in the situation described in section three (3) below.
3. An undergraduate student who received a scholarship last year is eligible to apply as a graduate student this year.
4. All applicants must currently be enrolled as a college student.
5. Deadline for submitting essay/letter will be November 1, 2009.
6. Award decisions will be made by the awards committee by November 30, 2009.
7. Award recipients are required to submit a one page biography and current picture.
8. Checks will be distributed to recipients for 2010 Winter semester after receipt of recipients' biography and pictures.

Letters of application must be submitted to Rod Cook, Higher Education Director, 412 State Route 37, Akwesasne, New York 13655 and must be postmarked by no later than November 1, 2009. Late applications will be returned unopened.

## Artists' Fellowships Available

*By Aimee Benedict-Debo,  
Publications Manager*

Artists' Fellowships are \$7,000 cash awards made to individual originating artists living and working in the state of New York for unrestricted use. Grants are awarded in 16 artistic disciplines, with applications accepted in eight categories each year. Since the awards began in 1985, NYFA has awarded over \$22 million to over 3,688 artists. In 2009, NYFA awarded 131 Fellowships to 134 artists, with six of them working in a collaboration.

The deadlines for NYFA's 2009-2010 Artists' Fellowships are:

- **November 2, 2009:** Fiction, Playwriting/Screenwriting and Photography
- **November 3, 2009:** Painting and Music/Sound.
- **November 4, 2009:** Architecture/Environmental Structures, Choreography and Video.

### 2010 Categories:

Architecture/Environmental Structures, Choreography, Fiction, Music/Sound, Painting, Photography, Playwriting/Screenwriting, and Video.

The following categories will not be reviewed until the 2010-2011 cycle of Artists' Fellowships (deadline October 2010): Digital/Electronic Arts, Crafts, Film, Nonfiction Literature, Interdisciplinary Work, Poetry, Printmaking/Drawing/Book Arts, and Sculpture.

NYFA is pleased to accept online submission of Artists' Fellowships' applications. To apply, visit [nyfa.org/afp](http://nyfa.org/afp).

# Boom Lift and Ash Seeds

*By Setanta O'Ceillaigh, Forestry Technician  
Environment Division*

On Seskehko:wa/September 21, 2009, a group of seed collectors gathered Black Ash seed from the Chapman Road Black Ash stand. The group consisted of members of the St Regis Mohawk Tribe Environment Division, Mohawk Council of Akwesasne Environment, Akwesasne Task Force on the Environment, and a visiting seed collector from the U.S. Forest Service. Throughout the day many Black Ash seeds were gathered from the tree tops.

The gathering of Ash seed is an important measure in the concern about the Emerald Ash Borer (EAB) threat. Collecting viable seed from these trees for long term storage and restoration

work will help to keep the Ash trees safe from the bug. This measure helps prevent the ash populations from being lost before a solution to the EAB problem can be found.

While in the lift, many more seed could be collected than by other methods of collection. Collecting seed by hand is slow and requires seeds to be close to the ground, collecting with poles requires skill, collecting with the boom lift is very fast. Within a few hours many bags of seed were gathered, in these bags were many thousands of ash seeds.

The seeds collected will be sent off to be stored or used in restoration work.

*Featured in the picture is the boom lift with two seed collecting experts filling bags at the top. Richard David (MCA Environment) and Les Benedict (SRMT Environment) collecting ash seeds, they have put many years of effort into restoration work of the Black Ash.*





# Business After Hours Event a Success

*By David T. Staddon, Editor*

The Mohawk Bingo Palace hosted the Chamber of Commerce's Business After Hours event on Thursday, September 24th. Members from four different Chambers of Commerce were represented, Massena, St. Lawrence County, Malone and Cornwall, along with members of the New York State Racing and Wagering Commission. The Bingo Palace hosted approximately 200 people for last month's event, including many tribal employees.

The event featured an excellent menu, live music, a cash bar and a short program presented by M.C. David Staddon, Bingo Palace Marketing Director Janique Odjick, Tribal Chief James Ransom, Chamber of Commerce Directors Mike Gleason and Pat McKowen and Malone Chamber President Hugh Hill. The Massena Airport Authority co-hosted the event.

The Chamber of Commerce developed the Business After Hours program, which has a 23-year history. It is one of the Chamber's most successful networking events. Member organizations host the events where business owners, elected officials and guests interact and get to know each other on a social level. Virtually all Chambers of Commerce sponsor Business After Hours events across the United States and Canada.

The Tribe's Public Information Office and Office of Economic Development participate with the Massena, Malone and St. Lawrence County Chambers of Commerce to build positive relationships between the Tribe and the surrounding business communities. September's Business After Hours event was the second Chamber of Commerce event hosted by the Tribe. The Akwesasne Mohawk Casino is scheduling another one for early April, 2010.





I thought our summer just started and now look at it -- 40 degrees when we get up and getting cooler. Well, now it is time to think about our heaters and homes. I don't know about you, but my furnace has been on already, but is it ready?? The questions I am ask myself are, "Should I get my furnace cleaned? If I just change the filter, would that be ok? How do I know my fuel oil tank is ok and not leaking or evaporating?"

There are people in and around Akwesasne that answer these questions. (I cannot recommend anyone because it would not be fair) Ask family members, your fuel dealer or go to a local store that deals with furnaces and/or fireplaces. They should be able to help you.

Something else we need to consider is fireplaces, woodstoves and portable heaters. All of these devices affect indoor air quality. First, the fireplace; if you have an older fireplace you need to be sure the flue works properly and the chimney is clean. A reliable chimney inspection for safety and function is a combination of three things:

1. **A chimney inspection procedure:** Having an inspection procedure helps assure that no critical topic or chimney condition is ignored,
2. **Chimney & Venting Alertness:** the inspector cannot rely on a checklist or procedure to guarantee that a chimney inspection is complete and accurate. While checklists and procedures help this process, no checklist and no procedure can list every possible chimney defect or unsafe condition.
3. **Good knowledge of chimney construction,** safety, venting requirements, various chimney materials and construction methods and what tends to go wrong with each method.

Woodstoves can emit particulate matter that can



# Winter Already?

By Angela  
Benedict-Dunn

be harmful to you and your family's health. The stove should be EPA certified and airtight. Although woodstoves are airtight, there are times when the particulates get into the air like when you are dumping the ashes or filling the stove with wood. Be sure to burn good dry seasoned wood. If you burn wet unseasoned wood, there will be a bigger buildup of creosote in your pipes, which could lead to a chimney fire.

**Warning:** even when a wood or coal stove has been properly installed there are other fire and burn hazards, such as placement of kindling, papers, or furnishings too close to the appliance, chimney fires, and combustion air or, with coal stoves, carbon monoxide hazards.

Next, there are many types of portable heaters: vented, ventless, propane, kerosene, electric, gas. Check cords and outlets to be sure they are not compromised in any way especially if it is an older type of heater. Other tips for safety are:

1. Read the instructions thoroughly.
2. Never leave a portable heater unattended.
3. Keep combustible and flammable materials away. **DO NOT** block heater's air intake or exhaust source.
4. Keep away from children and out of children's room unless continuously supervised.

One last thing I would like to touch on are ventless heaters. These heaters are designed for spaces that have airflow and are never to be used in an airtight space. Although they are ventless they still emit fumes. The documentation that comes with it, should state the ratio of airflow needed to minimize the exposure to the fumes emitted.

If you have any questions on this or any air quality issue please contact me at the SRMT Environment Division at 358-5937, ext 129 or by email: [angela.benedict@srmt-nsn.gov](mailto:angela.benedict@srmt-nsn.gov).

## Owera' shon: a (The Winds)

*The idea of this column is to promote clean air practices in each of our homes, in our personal behaviors throughout each day, in line with our Mohawk cultural value system. In no way is this column meant to be an indictment of anything that you choose to do. Instead, this is in place as a simple thought-provoking tool, to reveal some good ideas and some interesting notions. Please present any comments, complaints, or questions to Angela Benedict-Dunn, Air Quality Manager or Ken Jock, Environment Division Director. We welcome your thoughts and opinions.*

# Tribal Monthly Meetings

Saturday, Seskehko:wa/September 12, 2009

Chairperson: Chief Mark H. Garrow

Saturday, Kenténha/October 3, 2009

Chairperson: Chief James Ransom

## 1. Introductions:

- Welcome
- Reading of Action Items – Tribal Clerk
- Approval of Action Items

## 2. August Money Report - Tribal Clerk

## 3. Akwesasne Housing Authority Hiring Policy - Michel Simon

## 4. First Americans IGA Status Report - Sub-Chief Stacy Adams

## 5. Empire Resorts Update – Chief Jim Ransom

## 6. New Business:

- Ambulance Purchase - Jamie Bay
- Burning Sky Purchase - Chief Monica Jacobs
- Announce Membership Mtg on 9-16

## 7. Reading Action Items – Tribal Clerk

## 8. Adjournment

## Action Items:

## 1. Schedule a special meeting on the August money to possibly form a committee and address questions and concerns. *The Tribal Clerk is working on scheduling the meeting.*

## 2. What is the health inspection ordinance and what are the standards and how is it enforced? *Copies of the food code will be available as handouts at the October Tribal meeting.*

## 3. Have Jeff Whelan make a presentation at the next Tribal meeting on the purchase of the Burning Sky building. *Jeff Whelan will be present at the October Tribal meeting.*

## 4. Have the Tribe's Ethics Officer do a presentation on the activities, regulations and expenditures at the next Tribal meeting. *The Ethics Officer will be present at the October Tribal meeting.*



*Right: Chief Ransom with Jodi Gillette - White House Intergovernment Affairs Office, Kim Teehee - White House Domestic Policy Council and Wizi Garriott - Assistant Secretary's Office at the National Tribal Leaders Summit in Washington, D.C.*

## 1. Introductions:

- Welcome
- Reading of Action Items – Tribal Clerk

## 2. Burning Sky Purchase – Jeff Whelan

## 3. Moratorium on Gas

## 4. Border Issues – Chief Jim Ransom

## 5. Off Reservation Gaming – Chief Jim Ransom

## 6. New Business: Ethics Officer Report

## 7. Reading Action Items – Tribal Clerk

## 8. Adjournment

## Action Items:

## 1. Follow up with a special meeting once we have the appraised value of the Burning Sky building.

## 2. To visit the moratorium issue at November's meeting.



*Above: Chief Ransom with New York State Senators Schumer and Gillebrand in Albany.*



# NYS DEC Implements New Burn Regulations

*By Angela Benedict-Dunn,  
Environment Division*

On Kentenha/October 14, 2009, the New York State Department of Environmental Conservation's (NYS DEC) new burn regulations came into effect. The new regulations state that burning trash is prohibited statewide. There are some exceptions to the rule which

include fires for cooking and ceremonial or celebratory fires. The NYS DEC is encouraging residents to recycle materials and to compost kitchen and garden

waste. This regulation prohibits agricultural waste such as pesticides, plastics and other non-organic material to be burned.

The SRMT Air Quality Program has been issuing permits and promoting no open burning for several years now and thanks the community for complying with these regulations. It is nice to see the rest of the state implement regulations that we as a community have been already doing.

For more details on the new NYS DEC open burn regulation effective October 14, 2009, visit: <http://www.dec.ny.gov/chemical/58519.html>



## Red Ribbon Week

*By Tiffany Leabo, A/CDP  
Prevention Educator*

Red Ribbon Week is traditionally celebrated the last full week of October (26th through 30th this year). This celebration started after the death of Drug Enforcement Administration (DEA) Agent Enrique "Kiki" Camarena in 1985. Camarena had gone undercover in Mexico. In this time he led to the discovery of a multimillion dollar narcotics manufacturing operation. After this narcotics operation among others was taken down, Agent Camarena was kidnapped never to be seen alive again. When Camarena was found and his hometown learned of his fate, they wore red ribbons in his honor. This became their symbol to help prevent the sale and distribution of illegal drugs. Local schools created clubs in his honor. This grew and grew until in 1988 the first National Red Ribbon Week was proclaimed by the U.S. Congress.

National Red Ribbon Week is now a time to bring people together to raise awareness about drugs and alcohol. It is a time that we recognize the need for alcohol and drug prevention services, along with early intervention

and treatment services. The Red Ribbon Coalition sees this week as a time to kick off the year of prevention in the schools and community. Throughout this week there will be opportunities for teachers, students, and parents to engage in activities to help raise awareness of alcohol and drug related issues. Each day there will be a theme at the schools for students to follow to show their support throughout Red Ribbon Week. Some of these themes include "Wear Red Day", "Team up Against Drugs"-Jersey Day, and "Say Boo to Drugs"-Costume Day.

The Red Ribbon Coalition offers this Red Ribbon Pledge "No Use of Illegal Drugs, No Illegal Use of Legal Drugs."

For more information contact the St. Regis Mohawk Health Services Alcohol and Chemical Dependency Prevention Program at 358-2967.



# Substance Abuse Speaker

By *Tiffany Leabo, A/CDP*  
*Prevention Educator*

The St. Regis Mohawk Health Services Alcohol/Chemical Dependency Prevention (A/CDP) Program is pleased to announce that an internationally known lecturer will be coming to our community. With almost 30 years experience in the Substance Abuse field, Micheal Nerney has done multiple trainings in drug prevention. He has provided many opportunities for individuals to become more educated on drugs and related topics. As the former Director of the Training Institute of Narcotic and Drug Research, his responsibilities included the management of a statewide training system, annually delivering more the 450 training programs to substance abuse treatment and prevention professionals. Mr. Nerney's particular areas of expertise include Psychopharmacology, Adolescent Chemical Dependency and Relapse Prevention.

The A/CDP invites the community to Micheal Nerney's presentation. It will include prescription drug and Oxycontin abuse. This will take place on Monday October 26th from 6:00 pm - 8:00 pm at the Seniors Center, behind the Tribal Police building. This is a great opportunity to learn more about prescription drug abuse. It is also a good time to talk with an expert in the field and address questions you may have about drugs.

For more information about this presentation, please contact the Alcoholism/Chemical Dependency Prevention Program at (518) 358-2967.

# A Day in the Life of A Caregiver

By *Lacey Peters, Program Manager*

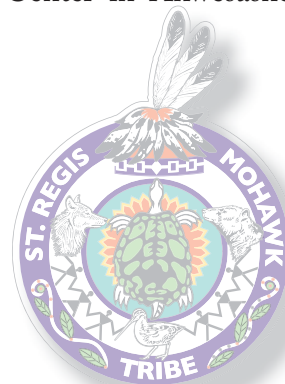
The St. Regis Mohawk Tribe Office for the Aging presents *A Day in the Life of a Caregiver*. This is a one day conference dedicated to providing practical information, advice and support for those caring for loved ones. The conference is designed to help attendees receive hands-on advice for their caregiving challenges and will take you through situations a caregiver would encounter in a typical day, and teach you how to handle each situation with ease.

Activities to be included are:

- Transferring Techniques
- Adaptive Technologies
- Caring for Someone with Dementia
- Simplifying Daily Activities
- Isolation & Socialization
- Meal Preparation

- Medical Document Organization
- Medical Orders for Life Sustaining Treatment or MOLST
- Elder Abuse
- Journaling
- Guided Imagery Relaxation

Snacks and a luncheon will be provided. The Conference will be held at the Senior Center in Akwesasne on Saturday, Kentenhkó:wa/ November 7, 2009 from 8:30 am to 4 pm. There is no cost to attend, however you must register by Friday, Kenténha/October 30th by calling the center at 518-358-2963.





## Little Caughnawaga: To Brooklyn and Back

Mountain Lake PBS  
Native American series on  
Kentenhkó:wa/November 22nd  
at 1:00 p.m.

The personal story of Mohawk filmmaker Reagan Tarbell from Kahnawake, Quebec, as she explores her roots and traces the connections of her family to the Mohawk community in Brooklyn, New York.

For over 50 years, the Kahnawake Mohawks, of Quebec, Canada occupied a 10 square block area in the North Gowanus section of Brooklyn, which became known as Little Caughnawaga. The men, skilled ironworkers, came to New York in search of work and brought their wives, children and often, extended family with them. The story of the Mohawk ironworkers is

an important one and is one that has been told and continues to be told through documentaries, newspaper and magazine articles. Yet the stories of Kahnawake Mohawk women who lived in Brooklyn have gone untold until now.

*Little Caughnawaga: To Brooklyn and Back* is Tarbell's first documentary. It won Best Feature Documentary at the 2008 Winnipeg Aboriginal Film Festival. "I think if you're destined to tell a story it will find you somehow. Telling the story about my family and my community was, at the same time, the most challenging and most rewarding time of my life."



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